

# April 2026 Menu

## Fully-prepped Meal Kits and casseroles

The Dinner Shoppe 1248 Clairmont Rd. 404-748-1502



### \*\*\*BEEF\*\*\*

#### **Cilantro Lime Beef Tenderloin (Stovetop, oven, or grill)**

Fabulous beef tenderloin marinated in lime juice, steak seasonings, and cilantro. With rice and corn. (Lighter\*: with california blend)

*Calories: 298, Total Fat: 20.1g, Sat. Fat: 4.7, Cholesterol: 94mg, Sodium: 543mg, Total Carbohydrates: 0.3g, Sugars: 0.0g, Protein: 29.6g*

#### **Baked Three Cheese Meatball Mostaccioli (oven)**

A yummy all-in-one pasta and meatball bake with ricotta, mozzarella, and parmesan. So good!

*Calories: 610, Total fat: 30.9g, Sat. Fat: 14g, Cholesterol: 55mg, Sodium: 778mg, Potassium: 371mg, Total Carbohydrates: 47g, Dietary Fiber: 3.8g, Sugars: 9g, Protein: 38g*

#### **Steak Diane (Stovetop)**

Tender beef medallions with a mushroom burgundy wine sauce! With vegetable medley and penne. (Lighter\*: with green beans)

*Calories: 389, Total Fat: 27.6g, Sat. Fat: 9.4g, Cholesterol: 114mg, Sodium: 521mg, Total Carbohydrates: 4.3g, Dietary Fiber 0.7g, Sugars: 2g, Protein: 30.6g*

### \*\*\*CHICKEN\*\*\*

#### **Chicken Tacos with Pineapple Salsa (stovetop)**

Chicken tenders coated in flour and Jerk seasonings, browned in a skillet and served in flour tortillas with our homemade pineapple salsa.

*Calories 365, Total Fat: 4.9g, Cholesterol: 143mg, Sodium: 637mg, Potassium: 219mg, Total Carbohydrates: 49.2g, Dietary Fiber: 4.5g, Sugars: 10.3g, Protein: 32.3g*

#### **Chicken in Lemon Basil Cream Sauce (Stovetop)**

Our delicious, creamy wine sauce with lemon and basil served on top of tender chicken breasts. With penne and vegetable medley. (Lighter\*: with green beans)

*Calories: 349, Total Fat: 18.7g, Sat. Fat: 5.5g, Cholesterol: 161mg, Sodium: 693mg, Total Carbohydrates: 9.1g, Dietary Fiber: 0.3g, Sugars: 0.4g, Protein: 34.7g*

#### **Chicken Monterrey Casserole (oven)**

A great casserole of chicken, spinach, Parmesan, french fried onions, Monterey Jack, and tiny shell pasta.

*Calories: 632, Total Fat: 37.3g, Sat. Fat: 23.2g, Cholesterol: 161mg, Sodium: 673mg, Total Carbohydrates: 9.1g, Dietary Fiber: 0.3g, Sugars: 0.2g, Protein 42.8g*

#### **Crockpot Lime Tequila Chicken Thighs (Crockpot or oven)**

Boneless, skinless chicken thighs coated in spices and simmered in the crockpot with a sweet honey, pineapple, lime juice and tequila. With vegetable medley and egg noodles. (lighter\*: with California blend)

*Calories: 380, Total Fat: 10.4g, Sat. Fat 2.8g, Cholesterol: 122mg, Sodium: 509mg, Total Carbs: 18.8g, Dietary Fiber: 0.2g, Sugars: 15.9g, Protein: 40g*

#### **Thai Fried Chicken (stovetop)**

Chicken breasts coated in rich coconut milk and spiced flour, pan fried and drizzles with thai peanut sauce! So good! With California Blend and rice.

*Calories: 332, Total Fat: 8.9g, Sat. Fat: 4.8g, Cholesterol: 87mg, Sodium: 315mg, Potassium: 38mg, Total Carbs: 32g, Dietary Fiber: 1g, Sugars: 13g, Protein: 33.8g*

#### **Sweet Tea Brined Chicken sliders with Sweet Potato Fries (stovetop or grill)**

Chicken breasts marinated in our homemade Sweet tea brine that makes the chicken lightly sweet and so, so tender and juicy! Grilled or pan seared, sliced and served on brioche slider buns with sweet potato fries.

## \*\*\*PORK\*\*\*

### **Crockpot Luau Pork Roast (Crockpot or oven)**

Pork roast and bacon bits simmered in crushed pineapple, red onion, and our homemade barbecue sauce! With peas and rice.

*Calories: 322, Total Fat: 8.2g, Sat. Fat: 2.7g, Cholesterol: 100mg, Sodium: 861mg, Total Carbohydrates: 21.8g, Potassium: 37.8g, Dietary Fiber: 1.1g, Sugars: 15.5g, Protein: 33.8g*

### **Pork Chops with Feta Spinach Orzo**

Pork chops coated in spices and pan seared and served over orzo salad with spinach, tomato, and feta.

*Calories: 477, Total Fat: 19.1g, Sat. Fat: 7.8g, Cholesterol: 51mg, Sodium: 661mg, Total Carbs: 84.7g, Sugars: 3.3g, Protein: 40.8g*

### **Mexican Lasagna (oven)**

Layers of pork carnitas, corn tortillas, refried beans, mexican rice, enchilada sauce, and cheddar!

*Calories: 575, Total Fat: 19.1g, Sat. Fat: 2.7g, Cholesterol: 110mg, Sodium: 661mg, Total Carbs: 84.7g, Dietary Fiber: 12.1g, Protein: 24.7g, Sugar: 3.3g*

## \*\*\*SEAFOOD\*\*\*

### **Flounder Meuniere (stovetop)**

Flour dusted, pan-seared flounder filets topped with a brown butter and lemon sauce. Light, buttery, and so delicious! With rice and California Blend. (Lighter\*: no rice)

*Calories: 351cal, Carbohydrates: 3g, Protein: 18g, Fat: 30g, Saturated Fat: 13g, Polyunsaturated Fat: 2g, Monounsaturated Fat: 13g, Trans Fat: 1g, Cholesterol: 109mg, Sodium: 252mg, Potassium: 282mg, Fiber: 1g, Sugar: 1g*

### **Shrimp and Andouille Etouffee (Stovetop, crockpot)**

Shrimp and andouille simmering in tomatoes, spices, chicken broth, and the holy trinity veggies (onion, celery, and green pepper!). With rice.

*Calories: 620, Total fat: 28.7g, Sat. Fat: 17.2g, Cholesterol: 313mg, Sodium: 680mg, Total carbohydrates 35.9g, Dietary Fiber: 2.3g, Sugars: 4.9g, Protein: 41.3g*

## \*\*\*MEATLOAF\*\*\*

### **Lemon Barbecue Meatloaf (Oven)**

Tastes like spring! Ground beef or turkey with lemony flavors and topped with brown sugared barbecue sauce. With peas and rice (Lighter\* with California Blend)

*TURKEY Calories: 358, Total fat: 16.6g, Sat. Fat: 6.1g, Cholesterol: 95mg, Sodium: 786mg, Total carbohydrates: 19g, Dietary Fiber: 1.2g, Sugars: 5.2g, Protein: 34.2g*

*BEEF Calories: 406, Total fat: 15.6g, Sat. Fat: 6.3g, Cholesterol: 116mg, Sodium: 759mg, Total Carbohydrates: 19.1g, Dietary Fiber: 1.2g, Sugars: 5.1g, Protein: 46.1g*

## \*\*\*BREAD PUDDING\*\*\*

### **Key Lime Pie Bread Pudding (oven)**

Our take on key lime pie... but bread pudding! Bread cubes in a lovely key lime custard, topped with graham cracker crumbs and drizzled with key lime vanilla glaze! So good!

*Calories: 354, Total fat: 9g, Sat. Fat: 6g, Trans. Fat: 0g, Cholesterol: 22mg, Sodium: 203mg, Total Carbs: 50g, Dietary Fiber: 1g, Sugars: 41g, Protein: 4g*